

Sand Shoal Inlet, VA - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:10	3.6	12:29	3.9	6:07	0.3	6:40	0.2	7:17	4:56	
2	Mon	1:04	3.7	1:22	3.8	7:04	0.4	7:31	0.1	7:17	4:57	
3	Tue	2:03	3.9	2:21	3.6	8:05	0.3	8:25	-0.1	7:17	4:57	
4	Wed	3:04	4.2	3:22	3.6	9:09	0.2	9:22	-0.3	7:17	4:58	
5	Thu	4:04	4.6	4:22	3.7	10:12	0.0	10:19	-0.5	7:17	4:59	
6	Fri	5:02	4.9	5:20	3.8	11:13	-0.3	11:17	-0.7	7:17	5:00	
7	Sat	5:57	5.2	6:16	3.9			12:11	-0.5	7:17	5:01	
8	Sun	6:52	5.4	7:11	4.0	12:12	-1.0	1:05	-0.7	7:17	5:02	
9	Mon	7:45	5.5	8:05	4.1	1:06	-1.1	1:57	-0.8	7:17	5:03	
10	Tue	8:38	5.4	8:58	4.1	1:59	-1.2	2:48	-0.9	7:17	5:04	
11	Wed	9:29	5.2	9:51	4.1	2:52	-1.1	3:38	-0.8	7:17	5:05	
12	Thu	10:18	4.9	10:43	4.0	3:45	-0.9	4:28	-0.7	7:16	5:06	
13	Fri	11:07	4.5	11:35	3.8	4:40	-0.6	5:19	-0.5	7:16	5:07	
14	Sat	11:57	4.0			5:36	-0.3	6:10	-0.4	7:16	5:08	
15	Sun	12:30	3.7	12:49	3.6	6:35	0.0	7:01	-0.2	7:16	5:09	
16	Mon	1:27	3.6	1:43	3.2	7:35	0.2	7:52	0.0	7:15	5:10	
17	Tue	2:28	3.5	2:41	3.0	8:36	0.3	8:44	0.1	7:15	5:11	
18	Wed	3:28	3.6	3:38	2.9	9:38	0.4	9:35	0.1	7:15	5:12	
19	Thu	4:23	3.7	4:30	2.9	10:36	0.4	10:25	0.1	7:14	5:13	
20	Fri	5:11	3.9	5:18	3.0	11:26	0.3	11:12	0.0	7:14	5:14	
21	Sat	5:55	4.0	6:03	3.1			12:09	0.2	7:13	5:15	
22	Sun	6:36	4.2	6:46	3.3			12:47	0.1	7:13	5:16	
23	Mon	7:17	4.4	7:28	3.4	12:38	-0.2	1:24	0.0	7:12	5:17	
24	Tue	7:57	4.5	8:09	3.6	1:18	-0.3	2:00	0.0	7:11	5:18	
25	Wed	8:36	4.5	8:50	3.7	1:58	-0.3	2:37	-0.1	7:11	5:19	
26	Thu	9:15	4.5	9:31	3.7	2:38	-0.3	3:15	-0.1	7:10	5:20	
27	Fri	9:53	4.4	10:12	3.8	3:19	-0.2	3:54	-0.1	7:10	5:21	
28	Sat	10:33	4.3	10:55	3.9	4:03	-0.1	4:35	-0.1	7:09	5:22	
29	Sun	11:14	4.1	11:41	3.9	4:51	0.0	5:19	-0.1	7:08	5:23	
30	Mon			12:00	3.8	5:43	0.1	6:08	-0.1	7:07	5:25	
31	Tue	12:34	4.0	12:53	3.6	6:41	0.2	7:00	-0.1	7:07	5:26	